



Strawberry Chia Chef Salad

This great salad tastes fresh and wild! The thick, flavorful dressing won't end up on the bottom of the plate or bowl, it sits on top of the leaves so you get great taste in every bite. You can make the chef salad and serve it as a main course, or you can make the dressing by itself to use on your favorite side salad.

Ingredients

2 cups mixed greens
1 cup pre-shredded cole-slaw mixture
1 cup cooked turkey slices
1 kiwi
1/2 cup zucchini slices

Dressing Ingredients

1 cup strawberries (fresh or frozen)
1/8 tsp ground black pepper
1 tbsp red wine vinegar
2 tsp dry MySeeds Chia

First, cook the turkey (turkey breast shown here) , then cut into bite-size strips, and set aside. While it cools, you can prepare the easy dressing.

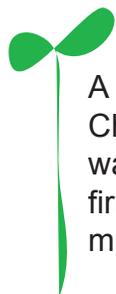
Place 1 cup fresh or frozen strawberries into a food processor or mini-chopper, then add the chia, pepper and vinegar. Pulse until well combined. The mixture should be thick, and you'll still see little strawberry pieces inside. The chia seeds blend the flavors in the dressing, so be sure to let it sit for about 15 minutes in the fridge before serving.

The salad itself is extremely simple, especially when you have pre-shredded cole slaw mixture. This bagged mixture often contains green & red cabbage, with carrot shreds, so it adds color and nutrition. To prepare the plates, lay down a bed of mixed greens, then top with the cole slaw mixture. Peel & slice the kiwi into bite-size pieces, then do the same with the zucchini. Add the fruit, vegetable and turkey slices to the top of the salad, then spread the dressing on as shown.

Since it's so thick, it won't run between the leaves. It is not recommended to toss this salad.

Omega 3 Healthy Oils

It's great to have an omega 3 oil along with your vegetables, especially dark leafy greens. The omega 3s help your body use fat-soluble nutrients from the greens. Chia is here to provide you with plant source omega 3s.



A Chef Salad is up to the Chef!

Chef salads can include almost anything the chef wishes. Don't like kiwi? Try star fruit. Don't want zucchini? Use summer squash. You can substitute chicken for the turkey, or even use firm tofu. You can dress it up with broccoli sprouts (which have a lightly spicy flavor) or mushrooms. Add nuts if you want, the variety of chef salads are endless!

Did You Know....